



## **Quesadillas with Creamy Chipotle Bean Dip and Charred Onion Salsa**

**Serves 4 to 6**

### **Quesadilla Ingredients**

2 teaspoons neutral tasting oil  
4 large flour tortillas  
1 cup vegan pepper jack cheese, shredded

### **Bean Dip Ingredients**

2 16 oz cans pinto beans, washed and rinsed  
½ teaspoon sea salt, plus to taste  
2 tablespoons fresh lime juice  
2 teaspoons agave or brown rice syrup  
½ cup vegan chipotle mayonnaise (Vegenaise)

### **Salsa Ingredients**

½ red onion, skin on  
1 teaspoon neutral tasting oil (Safflower)  
¼ cup organic corn kernels  
½ teaspoon sea salt  
¼ teaspoon finely ground black pepper  
2 tablespoons fresh lime juice  
2 teaspoons agave  
1 tablespoon fresh cilantro, roughly chopped

### **Directions:**

**For quesadillas**, heat a griddle over medium heat. Add oil. Add 1 or 2 tortillas at a time and sprinkle each tortilla with ½ cup cheese. Cook until golden, about 3 to 4 minutes. Enclose with remaining tortilla, flip and cook about 3 to 4 more minutes, or until golden. Set aside to cool slightly and slice into triangles.

**For dip**, In a food processor, add beans, sea salt, lime juice, agave or brown rice syrup, and chipotle mayonnaise. Puree until smooth and set aside.

**For salsa**, over an open flame, place flat side of onion on an open medium flame and char onion until blackened, about 3-5 minutes. When slightly cooled cut into small dice and set aside. In a small skillet, cook corn kernels until golden with 1 teaspoon oil, about 3-5 minutes. Place in a mixing bowl and add sea salt, pepper, lime juice, agave and cilantro. Add charred onion.

When serving dip, place in serving bowl and garnish with salsa. Serve with quesadilla wedges for dipping. © **Spork Foods, 2016**